

# Sauer soyballs soup



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# Creamy tomato-lentil soup



For 4-6 servings:

- 1 cup red lentils, well washed
- 2 cans a 400 g (diced of whole) tomatoes
- 2 onions, finely chopped
- 1 head of garlic, chopped
- 1 bay leaf
- 1 teaspoon rosemary
- 2 teaspoons oregano
- 1-2 tablespoons olive oil
- salt and pepper, to taste

fresh basil, finely chopped (optional)

Stir fry the onions and garlic, in olive oil, for 2-3 minutes. Add the lentils, bay leaf, rosemary, oregano and 3 cups of water. Cook for about 10 minutes then add the tomatoes.

When everything is cooked (10-15 minutes) remove the bay leaf and blend until smooth. Add salt and pepper to taste.

Add fresh basil on plate.

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## Lentils sauer soup



For 6 servings:

500 g bruin lentils (not red!!)

500 g vegetables for soup (carrots, onions, parsnips, celery, potato, peas, cauliflower, etc.)

500 g ripe tomatoes, diced / 400 g can diced tomatoes

2 bay leaves

1 teaspoon paprika powder

juice from 1-2 lemons, to taste  
2 tablespoons olive oil  
1 bunch lovage/dille  
salt and pepper, to taste

Wash the lentils and cook them in 2 l water together with the bay leaves.

When the lentils are half cooked add the chopped vegetables. Continue to cook for another 5-6 minutes than add the tomatoes, paprika powder and the lemon juice. Add more water if needed. When the lentils and the vegetables are cooked add salt and pepper to taste.

Garnish the dish with olive oil and finely chopped lovage or dille.

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## Creamy cauliflower soup



For 3-4 servings:

450 g cauliflower, cut into pieces  
1 large potato, cubed  
1 onion, chopped  
fresh parsley, finely chopped

olive oil, for garnish (optional)  
salt and pepper, to taste

Cook the cauliflower, onion and potato in 1 l water. When the vegetables are cooked blend until smooth.

Add salt and pepper to taste. Garnish with fresh parsley and a little bit olive oil.

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## Creamy beetroot soup



For 6 servings:

1/2 kg beets (4 medium pieces), chopped  
1 onion, chopped  
1 carrot, sliced  
1 potato, chopped  
1 parsnip, sliced (optional)  
1 bay leaf  
salt and pepper, to taste

grated horseradish, to taste  
olive oil, to taste

Put the beets in a soup pot and add 1.5 l water. Cover and simmer for approx. 10 minutes.

Add the remaining vegetables and the bay leaf.

When the vegetables are cooked remove the bay leaf then blend it until smooth.

Add salt and pepper to taste.

Garnish the plate with grated horseradish and a little bit olive oil and eventually finely chopped parsley.

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## Sauerkraut soup



For 6-8 servings:

- 1/2 kg sauerkraut, finely chopped
- 1 onion
- 2 carrots
- 1 parsnip
- 2 potatoes
- 1 celery or a little bit of celeriac
- a handful frozen peas
- 1 can diced tomatoes (400g)
- 1 bay leaf
- 10 peppercorns
- 1-2 tablespoons olive oil

lovage (or parsley), finely chopped

Cook the sauerkraut together with the bay leaf and peppercorns in 3 l water .

Finely chop all the vegetables. When the sauerkraut is almost cooked add the vegetables. Add more sauerkraut juice or water, to taste.

When the vegetables are cooked add the olive oil and the lovage.

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## **Roasted red pepper & tomato soup**

For 4 servings:

750 g of tomato passata

1 1/2 cup water

2 red bell peppers

1 onion, finely chopped

3 cloves garlic, finely chopped

1 tablespoon olive oil

1 1/2 teaspoon oregano

salt and pepper, to taste

fresh basil / parsley, finely chopped

Wash the sweet peppers, dry with a kitchen towel and roast on the grill/oven, on each side, being careful not to burn. Put the roasted peppers in a pan, sprinkle with salt and cover. Allow them to rest for approx. 10 minutes than peel them (dip your fingers in cold water to release the peel). Cut into pieces.



Heat the oil in a soup pan, add the onion and garlic. Stir fry until the onion has softened.

Add the water, tomato passata, roasted peppers and oregano. Cover and simmer for about 10-15 minutes.

Blend/process with a blender / processor until smooth.

Add salt and pepper to taste and garnish with fresh basil or parsley and, if desired, with a little bit olive oil.

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## Vichyssoise soup



Vichyssoise soup

For 4-6 servings:

1 onion, finely chopped  
2 large leeks, sliced  
3 medium potatoes, cubed  
1 cup unsweetened soy milk  
1 tablespoon olive oil  
salt and pepper, to taste

parsley or chives, for garnish

Heat the oil in a soup pan and add the onion. Stir fry for about 2-3 minutes then add the leeks. Cover and simmer for a few minutes, stirring occasionally.

Add the potatoes and 3 cups of water. Cover and simmer.

When the vegetables are cooked add the soy milk, salt and pepper. Let it cook for 1-2 minutes.

Blend/process until you get a smooth cream.

Garnish the dish with finely chopped parsley or chives .

Serve cold or warm.

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## Red lentil creamy soup



Red lentil creamy soup



For 6 servings:

1 cup red lentils  
1 large onion  
1 carrot  
1/2 celeriac or 2 stalks celery  
2 potatoes  
1 bell pepper  
2 tomatoes  
2 bay leaves  
4-5 cloves of garlic  
fresh chili / chili flakes (optional)  
salt and pepper, to taste

Wash the lentils thoroughly .

Wash the vegetables and cut into medium pieces.

Put everything in a soup pan, add 4 cups of water, cover and simmer on medium heat.



Red lentil creamy soup

When the vegetables and lentils are cooked remove the bay leaves then blend until smooth.

Add salt and pepper to taste.

*Variation:* you can add in the plate some olive oil and / or fresh parsley, finely chopped.

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# Courgette sour soup



Courgette sour soup

## For 5-6 servings:

- 1 large courgette, cut in medium pieces
- 1 onion
- 2 carrots
- 1 potato
- 1 bell pepper
- 2 celery stalks
- 5-6 large ripe tomatoes, peeled and finely chopped
- 1,5 l water
- juice of 1-2 lemons, to taste
- lovage, finely chopped
- salt, to taste
- 1-2 tablespoons olive oil (optional)

Finely chop the onion, carrots, bell pepper, celery and potato. Put the vegetables in a soup pan with 1.5 l water.

Cover and cook for few minutes than add the tomatoes. When tomatoes are almost cooked add the courgette.

When the vegetables are done add salt and lemon juice to

taste (add a little bit more water if needed). Cook for another few minutes.

Garnish with lovage and olive oil.

*Note:* you can use parsley instead of lovage.